

Cleveland Therapist Offers EFT Tapping for Trichotillomania, Emetophobia, and severe Panic Attacks

Liz Fisher of Tap Into Health in Cleveland, OH offers EFT (Emotional Freedom Technique) tapping therapy for Trichotillomania, Emetophobia, and Panic Attacks

CLEVELAND, OHIO, UNITED STATES, July 2, 2024 /EINPresswire.com/ -- In a step towards addressing complex psychological conditions, Cleveland-based therapist Liz Fisher has expanded her services at Tap Into Health, now offering specialized EFT tapping therapy for individuals suffering from Trichotillomania

(compulsive hair pulling), Emetophobia (fear of vomiting), and severe Panic Attacks. This therapy is recognized for its effectiveness in addressing the root causes of anxiety and compulsive disorders, providing a non-invasive, drug-free alternative to traditional treatments.

For more information, visit: <https://tapintohealth.net/>

Trichotillomania and Emetophobia are often underrepresented in the mental health community, leaving many individuals without the specialized care they need. Liz Fisher's personal journey through these disorders has inspired her to focus her practice on these areas, leveraging EFT tapping to bring about significant, lasting change in her clients' lives.

"Understanding the direct impact of these conditions on individuals' quality of life has driven me to specialize in EFT tapping therapy," Liz Fisher said. "This technique not only addresses their symptoms but also empowers clients to uncover and heal the underlying emotional triggers."

EFT tapping, developed in the 1990s, involves the use of fingertip tapping on specific meridian points while focusing on emotional issues. This process is believed to balance the energy system and aid in emotional healing. Liz Fisher's approach is tailored to each client, ensuring a



personalized therapy experience that targets the unique aspects of their condition.

Recent studies highlight the growing recognition of EFT's effectiveness in managing stress-related conditions, supporting its application for Trichotillomania, Emetophobia, and Panic Attacks. Clients of Tap Into Health report significant improvements not only in their specific conditions but also in their overall emotional well-being and stress management.

In response to the increasing demand for remote therapy options, Tap Into Health offers virtual sessions, allowing clients to access this vital service from the comfort of their homes, both locally in Cleveland and nationwide.

About Tap Into Health: A Personal Journey to Professional Healing ...

The inception of Fisher's venture into EFT tapping was born out of necessity, stemming from her own battle with Trichotillomania since she was eight years old. The significant relief Fisher found through EFT tapping not only transformed her life but also ignited a passion to extend this lifeline to others grappling with similar afflictions. In 2018, Tap Into Health was established, marking the start of Fisher's committed endeavor towards facilitating healing and empowerment.

"I am unique because I use tapping for Trichotillomania and Emetophobia, and I'm not aware of many others who do," Fisher remarks. Her practice isn't just based on theory but is a living testimony to the healing potential of EFT tapping, having been at the core of her own recovery journey.

For further details and to schedule a consultation, visit: <https://tapintohealth.net/>

Liz Fisher

Tap Into Health

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